Djanogly

City Academy Sixth Form

Supporting Your Wellbeing During Exams

EXAM STRESS

Consider the following:



- Why do exams cause students stress?
- How could you tell if you or a friend is experiencing stress?
- What would you like to know about dealing with exam stress?



EXAM STRESS
SELF ASSESSMENT

How confident are you about (write down your answer):

A. Knowing how to spot when you're stressed?

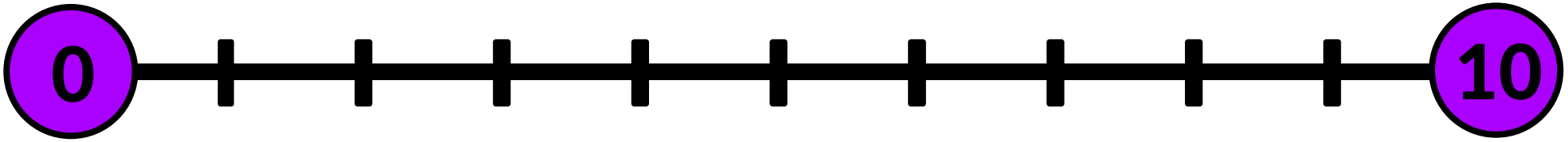
B. Thinking of ways to relax and de-stress?

C. Revising for exams?

D. Knowing what you want or need to achieve in your exams?

E. Having a revision plan that will work for you?

F. Knowing where to get help and advice about revising?



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EXAM STRESS

Tips and advice database



https://www.youtube.com/watch?v=O7W2yMxWaJk

EXAM STRESS

Tips and advice database
Write down advice about dealing with exam stress using the video you have just watched and your own ideas

Stress before the exam	Stress during the exam	Stress after the exam

EXAM STRESS

Tips and advice database

Can you add more ideas about dealing with exams, stress and revision?

Add more detail based on the following questions:

- When is the right time to put each idea into action?
- Which ideas need to be put into practice well in advance?
- Which tools (e.g. sticky notes, a diary, study buddy) can someone use to help plan and do their revision?

EXAM STRESS

ADVICE FORUM – what advice would you give?

My best mate always seems to have done loads more work than me. It's making me stressed out. – Sam

I'm sure I'm going to fail, no matter how much work I do. What is the best way to revise? – Jack

During exams I get freaked out by the first question if I can't answer it and then I get stuck. – Niamh

I get a headache nearly every day. I keep thinking about what my parents will say if I don't get the right grades. They'll be so upset and disappointed. I'm finding it hard to focus and actually revise. – Nav

My exams are over but I'm so worried that I can't sleep. I need to find out what I got but it won't be for weeks! – Alex

How do I make sure to leave enough time to answer all the questions in the exam? – Harry

Sometimes in exams I break out in a cold sweat and start breathing really fast. I'm starting to panic it will happen again this time. – Jas

I'm struggling to manage my time and fit all my revision in. It feels like there's far too much to do. I keep forgetting to eat lunch. – Millie

EXAM STRESS

PLENARY: I CAN



- If I am stressing about planning my revision, I can...
- If I see someone who needs to take a break from revising and relax, I can...
- When someone I know needs to get help with their revision planning, I can...
- If I get stressed in the middle of an exam, I can...

EXAM STRESS

PLENARY: I CAN



If you, or anyone you know needs support in this area, speak to a trusted adult or a teacher.

You can also get support at the Every Mind Matters website.

https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/

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SELF ASSESSMENT

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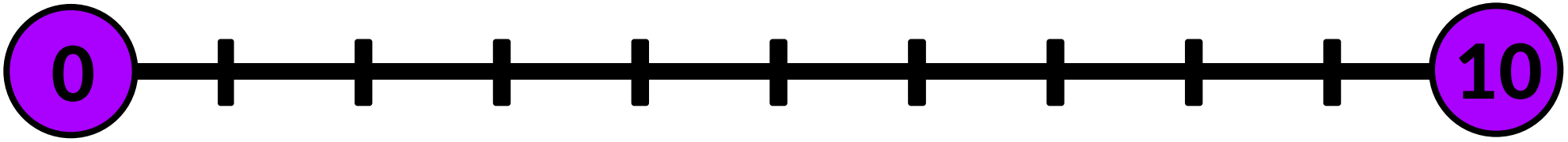
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